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Thursday, July 24, 2014

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WINNIPEG metro®

NEWS WORTH SHARING.

Dozens killed in Taiwanese plane crash

Stormy weather had caused many cancellations PAGE 4

Get your closet jumpin' jumpin'

Believe it or not, jumpsuits are back PAGE 11

A NEW PLACE TO BURY THEIR BONES

THE OUTDOOR SPACE AT D'ARCY'S A.R.C WILL GET A $10,000 MAKEOVER PAGE 2

FRINGE FESTIVAL HEATING UP

Australia's Zap Circus kept Fringers entertained at Old Market Square Wednesday afternoon. The Winnipeg Fringe Festival set record attendance levels for their opening weekend, with just over 40,000 tickets sold. The festival runs until Sunday. SHANE GIBSON/METRO WINNIPEG

Two-thirds in Manitoba jails yet to be convicted

Set Up to Fail. New report says 66% of those behind bars in province haven't been found guilty, compared to 55% nationally

Manitoba has the highest number of people behind bars who haven't been convicted of a crime, according to a new report from the Canadian Civil Liberties Association and the John Howard Society.

The report, called Set Up to Fail, says innocent people across Canada are spending time in jail because of an increasing use of pre-trial custody.

In Manitoba, 66 per cent of people behind bars are waiting for their trials, compared with about 55 per cent nationally.

Corey Shefman with the Manitoba Association for Rights and Liberties says the province is setting people up to fail because of its zero-tolerance policy for breaches of bail conditions.

He says, for example, that someone who is five minutes late for an appointment set out in bail conditions can be returned to jail.

It's an even bigger problem for alcoholics or drug addicts who are told to abstain as part of their bail conditions, he said.

John Hutton of Manitoba's John Howard Society said many people are acquitted of the original charge, but end up with a criminal record because of minor bail condition breaches. Keeping those people in custody clogs up the justice system and makes it more probable that people will reoffend, he suggested.

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Give a dog a home

It's the Humane Society dog sale

Hot on the heels of a similar sale over at Animal Services, the Winnipeg Humane Society is holding a dog sale in the dog days of summer.

The WHS said 32 dogs were dropped off at the shelter last week alone, bringing their total to 63 dogs and 24 puppies in care. So, on Friday, the shelter will be holding a dog sale on Friday, July 25. Dogs six months and older will be $50 to adopt, while puppies will be $150.

The WHS said while fees will be reduced, the process to adopt a dog is the same, and it can take around 40 minutes to adopt a furry friend. All animals who are adopted from the WHS are spayed or neutered, have a tattoo ID, first set of shots, licence, 30 days of health insurance and a two-week health check. METRO

Accross Western Canada

Man charged with human trafficking

A Winnipeg man is facing human trafficking charges after police say he forced a Winnipeg woman to work in the sex trade under intimidation, threats and violence in Winnipeg and other cities in Manitoba, Saskatchewan and Alberta for over a year.

Jared Matthew Schaffer, 29, faces charges including trafficking in persons, assault, living off the avails of prostitution and procuring to have illicit sexual relations. He's been detained at the Provincial Remand Centre. METRO

D'Arcy's A.R.C founder D'Arcy Johnston holds three-month-old Bouvier puppy Etta in the shelter's outdoor area on Wednesday. The space is getting a $10,000 makeover this weekend. SHANE GIBSON/METRO

Pet shelter gets an outdoor makeover

A dog's life improved in Winnipeg. D'Arcy's A.R.C one of seven rescue centres in Canada to get a free green space upgrade

SHANE GIBSON
shane.gibson@metronews.ca

Dogs at D'Arcy's Animal Rescue Centre in Winnipeg may not want to be adopted out. The shelter's outdoor space gets a $10,000 makeover this weekend that's bound to get tails wagging.

The work on the space the charity uses to give its dogs a place to run and get fresh air is being completely restored — at no cost — as part of a joint initiative from Purina and the charity Evergreen that will see green space added to seven shelters across Canada.

"I think it's fantastic," said D'Arcy's A.R.C founder D'Arcy Johnston. "Judging by the designs it's going to be a complete transformation."

This Saturday volunteers will get to work transforming the 30- by 50-foot fenced-in area behind the shelter's Century Street location.

Plans include building a canopy with to offer shade and protection on rainy days, adding vines on the chain link fence and hardy shrubs to reduce wind and the addition of a modular play platform that can be arranged in different formations for the dogs to play on.

But Johnston is most excited about a doggy wading pool included in the designs.

"The dogs will love a place to go splash around and cool down," said Johnston, who's already thinking of holding a pool party fundraiser for pups and their owners in the space.

D'Arcy's A.R.C currently has 30 dogs up for adoption, and while spade and neutered pups are taken for daily walks, some only get a chance to run around in the outdoor space behind the shelter.

"They've got to get out and spread their legs," explained Johnston. "They're like kids in a playground back there."

More than pups

"They're like kids in a playground back there."

D'Arcy's A.R.C founder D'Arcy Johnston
speaking about some of the shelter's dogs using the outdoor space behind the facility

Backyard makeover

The Purina and Evergreen initiative, called Paws for the Planet, is also giving away a $5,000 pet-friendly backyard makeover to three Canadian homeowners.

Go to pawsfortheplanet.ca for contest details.

At Fringe. Worlds of supernatural, bizarre and satire

Metro Winnipeg and the CBC have partnered to bring you the best of the Winnipeg Fringe Festival. Here are three shows you should check out:

Slaves of Starbucks

From the moment a KLM pilot welcomes passengers to a flight of porno films and recreational drugs, it's clear we're in for a weird ride.

This dark but delicious satire plunges the depths of modern consumerism. Laugh-out-loud moments come fast and furious as we confront the absurdity of the times in this one-man show, written and performed by Peter Aterman.

There's a lot of intellectual heavy lifting in the script. But more than smart, it's funny, too, and matched by a limber performance. Aterman is a wizard of accents and seamlessly creates a three-way conversation between two food-obsessed Americans and a poor, hapless Vatican tour guide. We learn of Jughead's curious role in the Third Reich. "Castration at the mall" starts with "I really don't like shopping malls," and then proceeds to argue why with inarguable logic.

While some sketches go too long and some word play is eclipsed by a soundtrack, Aterman owns his material and the audience.

ROBIN SUMMERFIELD, CBC REVIEW CREW

The Keith Brown Exchange

I'm a brash skeptic who will dismiss any magician's trick shown to me on video by simply yelling "IT'S VIDEO!" and storming away. I don't believe in anything supernatural as much as I believe in the human mind's ability to manipulate and be manipulated, even by itself.

That said, Keith Brown blew my little pumpkin all over the back wall of Venue 5. And not just with his tricks, each of which elicited a reaction from the audience that I suspect would have been the same if we had just seen a shark attack him on stage.

Brown is also a magnetically affable performer. All of his routines involve audience members, and he doesn't ask, he chooses. But he is so gracious and funny that before long I felt us all leaning forward and thinking "pick me!"

Supernatural? I still don't think so. Magical? Definitely. Don't miss this.

KELLY STIFORA, CBC REVIEW CREW

Bizarro Obscure

If you like your Fringe weird, funny and delightful, then grab your freak flag and transport yourself to Bizarro Obscure.

This "travelling exhibition" has it all — high-energy dance numbers, Seussian rhymes, a bearded lady, a sing-along and an accordion. Buddies Janis and Jujube are cheerful visitors from another world, on a quest to save one boy from peril. As they romp through multiple dimensions, they celebrate the odd and ponder the challenges of being yourself in the digital age.

Winnipeggers Christy Taronno and Sydney Hayduk are thoroughly entertaining as they sing, dance and goof their way through space and time. The portrayal of YouTube-obsessed Daniel will make you laugh and maybe break your heart.

Bizarro Obscure is silly and other-worldly but not fluffy. Beneath the beard and the goofy glasses are human vulnerability and joy. Step right up, ladies and gentlemen, you won't be disappointed.

IRIS YUDAI, CBC REVIEW CREW

To read more reviews at the CBC's website, scan the QR code below.

Footprints show Tyrannosaurs may have travelled in packs

Well-preserved fossil footprints, shown in a handout photo provided by the Peace Region Palaeontology Research Centre, were found in northeastern B.C. The prints offer the first trackway evidence that Tyrannosaurs may have travelled in packs. The dinosaur footprints preserved in the rock near Tumbler Ridge provide a glimpse at the beasts that roamed the region 70 million years ago. PEACE REGION PALAEONTOLOGY RESEARCH CENTRE/THE CANADIAN PRESS

AIDS group suing land owner for 'discrimination'

HIV phobia? Landlord allegedly terminates contract on day not-for-profit picks up keys

LUCY SCHOLEY
Metro in Ottawa

An Ottawa AIDS organization is suing a landlord and real estate agency over allegations of discrimination and "HIV phobia" after the building owner ended its lease.

The AIDS Committee of Ottawa signed a lease for the fourth floor of 240 Bank St. in May 2013 and was due to move in the following October. But on the day the not-for-profit organization went to pick up keys for the building, the landlord allegedly terminated the contract.

The ACO had planned to provide safe injection and safe inhalation supplies and install a shower, laundry facility and kitchen. But the landlord claimed those plans violated the lease.

According to court documents the ACO is seeking $35,000 in damages for discrimination on the basis of disability. The plaintiff's statement of claim calls the lease termination move "high-handed, malicious, arbitrary and highly reprehensible."

It also alleges the landlord expressed concerns the ACO's participants would spread lice to other visitors in the building, pose security risks in the stairwells and "have to share the hallways" with other visitors. The allegations in the claim have not been proven in court.

"We felt that ... it was discriminatory and there was some HIV phobia involved in the stance that the landlords took," said Khaled Salam, executive director of ACO.

The landlord — named as 240 Bank Street Holdings Limited — denies the accusations.

The ACO never dealt directly with the landlord prior to signing the lease. Real estate agency Cushman & Wakefield Ottawa acted as the dual agent, according to the landlord's defence claim.

The AIDS Committee of Ottawa is suing the landlord at 240 Bank St., pictured, over allegations of discrimination. LUCY SCHOLEY/METRO IN OTTAWA

The landlord also claims it was "misinformed" by Cushman & Wakefield and never knew of the ACO's plans to build a laundry room and kitchen, and provide safe injection supplies.

The lease states the space is to be used only as a community centre and office and that cooking is prohibited. However, a separate section says the tenant could build separate offices, a shower, laundry room and kitchen with the landlord's approval.

Record-attempt flight. U.S. teen killed in crash

A U.S. teenager who was attempting to set a record for an around-the-world flight has died in a crash over the Pacific Ocean, a family spokeswoman said Wednesday.

Annie Hayat said the plane flown by 17-year-old Haris Suleman went down shortly after leaving Pago Pago in American Samoa on Tuesday night.

Suleman and his father, Babar Suleman, were on board.

Hayat said the body of Haris Suleman had been recovered, but crews were still looking for his father.

Federal Aviation Administration spokesman Ian Gregor said the single-engine Hawker Beechcraft plane crashed into the ocean Tuesday night under unknown circumstances.

THE ASSOCIATED PRESS

In this Thursday, June 19, 2014, photo, Babar Suleman and son Haris Suleman, 17, stand next to their plane. THE ASSOCIATED PRESS

Lac-Megantic

'Train from hell' up for auction

It's been known to belch oil from its exhaust, it's caught fire at least once and it led the "train from hell" that smashed into Lac-Megantic, killing 47.

And pretty soon locomotive MMA 5017 can be all yours. The lead engine is scheduled to go to auction Aug. 5 at the Derby Rail Yard in Milo, Maine.

THE CANADIAN PRESS

Duffy trial. PMO states Harper unlikely to testify

The opposition says it is startled by the insistence by the Prime Minister's Office that there's little chance Stephen Harper will have to testify at Sen. Mike Duffy's criminal trial.

"It's remarkable that the prime minister's office has decided that they would comment on this matter before the courts when they normally do not comment on matters before the courts," Liberal MP Geoff Regan told an Ottawa news conference.

"In my view, it's a matter for the courts to determine whether or not Mr. Harper should testify."

Jason MacDonald, a spokesman for Harper, wrote in an email there would be no reason for the prime minister to be involved should Duffy's defence team attempt to call him to the stand. THE CANADIAN PRESS

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Deadly plane crash occurs during landing in Taiwan

Flight GE222. At least 47 people killed when airplane carrying 58 crashes during second landing attempt

Rescue workers survey the wreckage of TransAsia Airways flight GE222, which crashed while attempting to land in stormy weather on the Taiwanese island of Penghu late Wednesday. WONG YAO-WEN/THE ASSOCIATED PRESS

A plane trying to land in stormy weather crashed in Taiwan Wednesday, killing at least 47.

The ATR-72, operated by Taiwan's TransAsia Airways, was carrying 58 passengers and crew when it crashed on the island of Penghu, authorities said. The plane was arriving from the city of Kaohsiung in southern Taiwan.

Two people aboard the plane were French citizens and the rest Taiwanese, Transport Minister Yeh Kuang-shih said.

The crash was Taiwan's first fatal air accident in 12 years and came after Typhoon Matmo passed, causing heavy rains that continued into Wednesday. Some 200 flights had been cancelled earlier that day.

The death toll was 47 on Wednesday, according to Wen Chia-hung, with the Penghu disaster response centre. Eleven others were injured and authorities were seeking one person who might have been in a house struck by wreckage.

President Ma Ying-jeou called it "a very sad day in the history of Taiwanese aviation," according to his office, the state Central News Agency reported.

THE ASSOCIATED PRESS

Flight 17 tragedy. Bodies of Malaysia Airlines victims arrive in the Netherlands

Two military transport planes carrying 40 coffins, bearing victims of the downed Malaysia Airlines Flight 17, landed Wednesday in the southern city of Eindhoven, Netherlands.

Six days after the Boeing 777 was shot down over eastern Ukraine, the first bodies finally arrived in the country that bore the heaviest toll in a crash that 298 people.

Dutch officials said they have taken charge of the stalled investigation of the airline disaster and pleaded for unhindered access to the wreckage.

THE ASSOCIATED PRESS

A coffin is carried during a ceremony marking the return of bodies of people killed in the downing of Malaysia Airlines Flight 17 at Eindhoven, Netherlands, Wednesday. Scan with your Metro News app for video. PHIL NIJHUIS/THE ASSOCIATED PRESS

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Philippines

Militants release captives after pressure from poor town

Suspected Abu Sayyaf militants have freed three abducted aid workers in the southern Philippines after the government withheld anti-poverty funds, prompting an impoverished town to pressure the rebels to release the captives, officials said Wednesday.

Social Welfare Secretary Corazon Soliman said the three aid workers and a companion were kidnapped Thursday in remote Talipao town in Sulu province where they were checking on families who received aid and working on another anti-poverty project. Due to the kidnappings, the government withheld the cash grants to thousands of poor families to ensure the safety of aid workers. Talipao officials then exerted pressure on the militants, who separately freed their hostages this week without ransom payment, Soliman said.

THE ASSOCIATED PRESS

Syria

B.C. man faces terror charge, accused of joining Islamist fighters

A British Columbia man has been charged under a new anti-terrorism law for allegedly leaving the country to join Islamist fighters in Syria.

It's the first time the recent Criminal Code legislation has been used as a tool to fight terrorism, said Cpl. David Falls.

Police say 25-year-old Hasibullah Yusufzai is accused of committing an offence for the benefit of a terrorist group or was directed by or associated with such a group.

"The individual is known to have travelled to Syria to join Islamist fighters," the RCMP said in a statement.

"This case underscores the reality that there are individuals in Canada who have embraced the extremist ideology and who are willing to act upon it."

THE CANADIAN PRESS

The Israeli-Palestinian war over public opinion

'Battle in the modern age.' Technology, social media exponentially increased propaganda from both sides

This graphic posted on the Israeli Defence Forces website, dated July 20, shows an artist's rendition of the Shijaiyah neighbourhood in Gaza in an attempt to support Israeli government claims that Hamas is using hospitals, mosques and residences to hide, store and fire rockets. IDF WEBSITE/THE ASSOCIATED PRESS

Beyond the boom of Israeli airstrikes and the stream of rockets fired from Gaza, Israel and Hamas are also battling to control the message emanating from this latest Israeli-Palestinian conflagration.

Using videos, Twitter, text messages, leaflets and phone calls, both sides have attempted to direct the tone of the fighting — for their own public, their opponent's population and for a global audience. Propaganda is nothing new in battle, but technology and social media have exponentially increased the ability of each side to penetrate their intended audiences.

Israel has tried to make its case that it is defending its citizens from unprovoked attacks but taking steps to avoid killing civilians on the other side. Hamas has appealed to the world by pointing to the high civilian death toll from Israel's onslaught on Gaza. Israel and Hamas are each addressing the other's populations as well.

Israel has pushed the message to Palestinians in Gaza that the territory's Hamas rulers are to blame for the bloodshed. In phone calls that the military makes to Gazans to tell them to evacuate their homes before a strike, the recorded script in Arabic also tells them that Hamas is using them as human shields.

Hamas, in turn, has sent text messages directly to Israelis, warning them that the group will continue firing rockets at them until its demands — like the end of the long-stifling blockade of the tiny Gaza Strip — are met.

"This is a war over public opinion," said Yuval Dror, an expert in digital communications. "It's an inseparable part of battle in the modern age."

Israel says it launched the war on July 8 in response to heavy rocket fire out of Hamas-controlled Gaza. By midday Wednesday, at least 657 Palestinians and 31 Israelis were reported to have been killed in the fighting, which escalated last week with the start of a ground offensive.

THE ASSOCIATED PRESS

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From Toronto area

Companies fined for calling people on do-not-call list

Four Toronto-area companies have paid $84,000 in penalties for allegedly violating telemarketing rules by calling people registered on the National Do Not Call List, Canada's telecom regulator said Wednesday.

The Canadian Radio-television and Telecommunications Commission (CRTC) said the companies — Ecosmart Home Services Inc., Loyal Seal Windows and Doors, Home Comfort Group and Pegasus Peaks — called people directly or via a third-party firm.

The CRTC has also issued a notice of violation to a fifth company — Action Windows and Doors — with a penalty of $24,000.

To date the CRTC has levied $4 million in penalties.

THE CANADIAN PRESS

Husi Food Co.

China detains five staffers of suspect meat seller

Five employees of a company accused of selling expired beef and chicken to McDonald's, KFC and other restaurants in China were detained by police Wednesday after an official said illegal activity was an organized effort by the supplier.

China's food safety agency said on its website that its investigators found unspecified illegal activity by Husi Food Co. but gave no confirmation about whether any expired meat had been found.

The State Food and Drug Administration's statement Wednesday said investigators seized 160 tons of raw material and 1,100 tons of finished products from Husi. THE ASSOCIATED PRESS

Anti-poverty charity bilked of $9M, ex-CEO off to prison

Met Council. Former executive gets up to 10 years for conspiring to overcharge for insurance

The politically connected former CEO of a prominent New York City charity was sentenced to prison Wednesday for helping to steal more than $9 million US from the anti-poverty organization.

William Rapfogel, who once headed the Metropolitan Council on Jewish Poverty, will serve a term of 40 months to 10 years.

He pleaded guilty in April to grand larceny, money laundering and other charges, and to date has paid $3 million in restitution.

Rapfogel became the executive director of the Met Council in 1992. He soon joined conspirators in conniving to overcharge the charity for insurance, then pocketing the difference for themselves, state prosecutors said.

"Over a 20-year period of time, he conspired with others to steal over $9 million, and personally stole over $1 million, from the people who needed it most, to benefit himself and his lifestyle," said Assistant Attorney General Gary Fishman.

He used $27,000 of that money to pay a contractor working on his home, and he had more than $400,000 in cash hidden in his home when investigators searched it in 2013, authorities said.

Rapfogel, who made $340,000 annually, was fired last August.

THE ASSOCIATED PRESS

Was Dumb Starbucks smart?

In February Canadian comedian Nathan Fielder opened parody store Dumb Starbucks in Los Angeles. He will discuss the origins of the fake store on Comedy Central's July 29 episode of Nathan For You. THE ASSOCIATED PRESS FILE

Situated in Riding Mountain National Park, Clear Lake Golf Course boasts a majestic view of the lake, and remains one of the most unique & beautiful, must-play eighteen hole courses in Manitoba. Choose from the **Stay & Play Packages**, made available in partnership with Elkhorn Resort. So grab your friends and leave your worries behind for a relaxing time on the greens of Clear Lake Golf Course.

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CAN SOMEONE MAKE BAD ART OUT OF THIS?

HE SAYS

John Mazerolle
metronews.ca

Meeting the parents is an important milestone in any relationship, like the first time you pee with the bathroom door open or throw a shoe in anger.

The first meeting can be nerve-wracking. Recently my newish girlfriend and I flew to my hometown of Saint John and made the typical hair-raising landing into a fog bank. ("We're beginning our final descent into Saint John, ladies and gentleman. If anyone sees the runway, please let us know.") Devon was gripping her armrest but it was the family, not the fog, that had her feeling tense.

I wasn't worried. Devon's a lovely woman who was meeting my friendly family, and she had even bought a little gift for my mother. But in her racing mind the rendezvous had the potential to unfold like the first meeting between, say, Brad Pitt and Kevin Spacey in Seven. ("WHAT'S IN THE GIFTBOX?!")

Of course it went fine. Within a few hours my girlfriend and my family were criticizing my lightning phobia and mocking my singing voice as if they had known each other for years. I'm glad I could bring them together.

My parents are an easy test, but there's no guarantee it will be the same for you the first time you meet your partner's parents — until now. Here are my tips on how to make that first meeting go smoothly.

Meet the Parents, or Parental Guidance Suggested:

* **Come prepared.** Practise with your partner for that first dinner by sitting at a long, imposing table under a chandelier and eating in stony silence.

* **Showing up three hours early** will show that you take the meeting seriously.

* As they speak, **stare non-stop**, correcting their grammar whenever possible.

* If the father asks what your intentions are toward his daughter, **making the 'squeaky bedsprings' noise** should make things pretty clear.

* **Do your research.** Find out what you have in common with your new 'Mom' and 'Dad', be it a favourite muppet or a drinking problem.

* **Act natural.** A straightforward, "Greetings, I am a law-abiding citizen of sound character who will pretend to take interest in your needlework and vacation photos" will help put them at ease.

* **If things aren't going well**, don't be afraid to burst from the dinner table, out the front door and down the street, never to return again.

I hope to have these tips optioned by a major Hollywood studio, where they will be made into a mediocre trilogy of increasingly declining quality. I wonder if De Niro's free.

FINAL VOYAGE

People watch as the wrecked cruise ship Costa Concordia is towed by tugs after being refloated Wednesday in Italy. For more images of the Concordia, including a 2012 image of the ship capsized, scan this image with your Metro News app. ALL IMAGES EXCEPT LAST IN GALLERY LAURA LEZZA/GETTY IMAGES; LAST IMAGE THE CANADIAN PRESS FILE

Costa Concordia on its way to become scrap metal

The Costa Concordia cruise liner began its final voyage Wednesday, slowly being towed away from the tiny Italian island where it capsized more than two years ago, killing 32 people.

Boat sirens wailed and bells tolled on the island just before two tugboats pulled the Concordia away from Giglio's port, where the luxury liner ended up on its side in pristine Mediterranean waters, after being gashed by a reef it struck when its captain steered too close to the island. The tugs are bringing the crippled ship on a four-day journey to the northwestern port of Genoa, which is home to the ship's owner, Costa Crociere Spa. The vessel will be scrapped there.

Accompanying the tugs and Concordia are several boats to monitor any pollution in the waters, which are home to dolphins. Nets have been attached to sides of the liner in case any remnants of the Concordia's last passenger cruise — dishware, pots and pans, bed linen, chairs and other furnishings — tumble out of the ship during towing.

A daring engineering operation set the Concordia upright last September. Then, over the past few months, custom-built tanks, now filled with air to serve as kind of water wings to facilitate floating, were attached to the liner's flanks. The salvage master of the entire operation, Nick Sloane, said he felt a bit nervous before boarding a special command centre attached to the top of the Concordia to monitor the final voyage. An Italian naval admiral was also aboard.

Flying from the Concordia was the Italian flag, since regulations require the banner to be visible on the Italian-registered ship until scrapping.

THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 4 in News, page 9 in Scene and page 14 in Sports.

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metro AR

MetroTube

Your move, France

ANDREW FIFIELD
andrew.fifield@metronews.ca

Like most inventors worth their salt, British tinkerer Colin Furze has been called eccentric. And not without reason. Vacuum shoes, gadget crutches and wrist-mounted flamethrowers make up just a sample of his madcap machinations.

But this... This takes the cake. In a nod to his country's centuries-old rivalry with France, Furze has created what's lovingly labelled as an enormous "fart machine," and he plans to drag it up the white cliffs of Dover tonight in hopes of creating international diplomacy's loudest raspberry. Colin Furze is the best. (colinfurze/YouTube)

SCREENGRAB

metro

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SCENE 2

Feeding ducks, boiling eggs and other slice-of-life tunes

The Unbelievable Bargains. Winnipeg rock trio sticks to the basics with their hilariously blunt and mundane song lyrics

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Winnipeg rock trio The Unbelievable Bargains will launch their second album this Saturday at the Windsor Hotel. CONTRIBUTED

Searching for a deeper meaning? The Unbelievable Bargains can't help you.

The Winnipeg rock 'n' roll trio isn't much for metaphor, opting to instead sing songs about eating spaghetti, feeding ducks and how coffee makes you poop.

"I do a thing, and then I think about it, and then I write a song," says vocalist/guitarist Marshall Birch, who is joined by bassist Steve Basham and drummer JP Perron.

"Literal lyrics, I don't know, I think it's all I can do. I've always liked lyrics like that. I've always liked The Kinks, because Ray Davies always wrote about daily things and he was very straightforward. I find, with most lyrics you hear, ever since Bob Dylan, everything has to be cryptic and weird and no lyrics make any f—ing sense. I don't know what they're talking about."

The Unbelievable Bargains release their second full-length album, Boiled Egg, on Saturday at the Windsor Hotel. Recorded at Collector Studios with Will Grierson and Arthur Atony, the album contains delightfully unambiguous titles such as Pickin' up Stray Cats, Dinner was Good Tonight and So Many Bunnies.

"Pretty much all my ideas of how to write a song come from commercial jingles and kids' music and really basic old rock 'n' roll like Buddy Holly," Birch says. "When I write a song, I don't think about writing something new, I just think, 'What's the most obvious line that should come here?'"

"That's why it feels so classic," adds Perron. "That's what we're trying to do, just condense everything and make it really fun, for us and for the people listening."

The group's playful nature makes for an adaptable band, as the trio has played such unusual gigs as a chili cook-off, the Art City parade and a pirate-themed wedding social, and has shared stages with country, reggae and even grindcore acts.

"Because we don't fit in with anyone, we fit in with everyone. Everyone likes to laugh," Basham says. "But none of the songs are really jokes, they're just talking about things we like or things that have happened to us."

"I think that's why lots of people think we're funny, because a lot of the lyrics are hilariously blunt and mundane and not really lyrical," Birch adds.

Opening Saturday's show at the Windsor Hotel are Winnipeg bands M&M Meats and The Zags. Admission is $12 and gets you a copy of Boiled Egg (or $15 for the album and the limited edition EP Bargain Basement Bootlegs). Showtime is 10 p.m.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to see a video of Imelda May's song Wild Woman!

→ See the full instructions on Metro's Voices page.

Fawning over the '50s

Rockabilly rebels not only love the music, but the culture and 1950s style as well: "I love the excitement and the clothes," says May. "I love the statement.

"If you listen to Johnny Burnett and Wanda Jackson, they broke all the rules.

"The rockabilly scene is growing around the world. I've never met a rockabilly fan who wasn't totally passionate about the lifestyle, too."

Imelda May's Tribal debuted at No. 2 in Ireland and No. 3 in the U.K., but the album isn't coming to North America until September this year. GETTY IMAGES

Imelda May isn't ready to settle down

Rockabilly rebel. Singer loves wandering in life and in her musical endeavours

LINDA LABAN
Metro World News in Boston

Imelda May is one of the biggest stars in Ireland right now and it's thanks to the likes of Johnny Burnette and Wanda Jackson, original American rockabilly rebels who inspired the Dubliner's career. However, as May's upcoming fall release Tribal proves, her musical wanderlust includes more then rockabilly, and encompasses blues and jazz, too.

"I love the rockabilly world. It's the original punk rock," says May.

"But it's not natural for me to put myself in one area. There's loads of other music I don't want to ignore."

Tribal debuted at No. 1 in Ireland and No. 3 in the U.K., but the record isn't released in the U.S. until September.

May and her band, which includes her guitarist husband Darrel Higham, added American dates to their summer touring agenda and will follow with more in the fall.

Metro caught up with May during the European jaunt as the band's tour bus wound its way through the Pyrenees.

"We're about four hours drive in from Barcelona and just about at the border of France," says May, glancing out of the bus window. "There's snow on the mountains and it's so beautiful."

Call that a perk of the rock 'n' roll lifestyle, which May says is all she's ever known: "I started in pubs and clubs when I was 16 and I turned 40 yesterday," she says.

"So, I've been gigging for 24 years non-stop. It's fun; I don't know what else I'd do."

Another perk is meeting musical heroes: Imelda May has shared stages with Chuck Berry, Pink Floyd's David Gilmore, Shane Macgowan, Van Morrison, Jeff Beck, Jamie Cullum, and one special star: Wanda Jackson, the original rockabilly queen.

"I get to meet great people and create great stories along the way. I'm a big believer in working hard, manners, talent, and a little bit of luck," May says.

"I'm very lucky in the people I work with and the people I get to meet."

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Naya Rivera ALL PHOTOS: GETTY IMAGES

Naya Rivera full of Glee as she weds in Cabo San Lucas

Here's one way to kill time while your TV series is on a break from filming: Glee star Naya Rivera married boyfriend Ryan Dorsey in a small, surprise ceremony earlier this week in Cabo San Lucas, Mexico, according to People magazine. "We feel truly blessed to be joined as husband and wife," the newlyweds tell the magazine. "Our special day was fated and everything we could have ever asked for." Apparently that includes Instagram misdirection, as Rivera spent much of her wedding day posting paparazzi photos of her and Dorsey horsing around on the beach but failed to mention anything important happening that day.

Peaches Geldof

Coroner rules Geldof died of heroin overdose

Peaches Geldof's death in April has officially been blamed on a heroin overdose, British coroner authorities declared earlier this week. Geldof's husband, musician Thomas Cohen, has previously stated that the model and TV personality had been taking methadone since 2011 to combat her heroin addiction but had relapsed two months prior to her death. The authorities also reported that a "fatal range" of heroin was found in Geldof's system, along with traces of codeine, methadone and morphine.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Now that Eva's pregnant, will Ryan be building her a house?

NED EHRBAR
Metro World News in Hollywood

It looks like fans weren't the only ones surprised by news that Eva Mendes and Ryan Gosling are expecting a baby.

"It was completely unplanned," a source tells Radar Online of the pregnancy.

"Ryan was surprised, especially because they had broken up early last year, only to get back together."

That's a fine how-do-you-do. Gosling's apparently totally on board with the idea now that he's gotten over the shock of impending fatherhood, and there seems to just be one more issue for the couple to tackle: Where to put the crib.

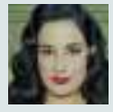
"(Ryan's) house is quite small, and only has two bedrooms," the source explains. "Eva has been looking for a bigger house to live in with Ryan once the baby is born."

Boy, I hope these two scrappy kids can get a mortgage.

Twitter

@KellyOsbourne
Everyone should have a #PartyTrick! Mine is that I'm double jointed everywhere!

@oliviawilde
Can someone please write a romantic comedy set in the real estate world called "Looking Foreclosure"? I've been waiting long enough.



@DitaVonTeese
When will someone make a bullwhip emoticon?

Simon Cowell

Simon Cowell is not gay, OK?

Simon Cowell would like to take this opportunity to reiterate the world that he is not, in fact, a homosexual. The talent show guru's name came up unexpectedly in court in the U.K. last week when a recorded conversation found Cowell's ex-manager, Gareth Varey, and a man identified as Mazher Mahmood discussing whether Cowell is gay, which Varey claims to be the case. "I know people who have" is the evidence he gives on the recording. Well, Cowell's rep is more than eager to point out that this is all patently untrue and Cowell is definitely not gay, even making sure to toss in the mandatory "not that there's anything wrong with that" clause. "In 2014, the question of whether someone is or is not gay is antiquated. As it happens he isn't, though if he were, he would simply have said so," Cowell's attorney says. "However, the issue was the false suggestion made by Mr. Varey that Simon — who is renowned for his honesty and candidness — had thus not been truthful in the public arena and this is what we have been obliged to clarify."

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Go ahead and jump: The sleek suit is seeing its day once again

Full-body fashion. It was a staple of '70s and '80s fashion, but the recent revival of the jumpsuit has cemented the stylish staying power of the all-in-one look

"I've never worn them before and now I'm totally sold," said Canadian Living fashion and beauty director Julia McEwen, who has recently added four jumpsuits to her wardrobe.

"It's like a dress in the same way that it's one-piece dressing. If you want to style it and add elements, go for it. But you don't have to. It looks fabulous just the way it is."

Pop star Rihanna, model Chrissy Teigen and actress Jennifer Garner are among the notable names who've recently stepped out in one-piece getups.

"They look chic, and when done right, (it) doesn't look out of place, but rather stands out among cocktail dresses," noted Sharon Ng Hayes of The Backseat Stylers, a Toronto-based fashion and style blog whether you want to create curves or hide certain body parts."

Michelle said a good starter jumpsuit is a halter or tank top style that's fitted at the waist with a slightly wider leg in a solid dark colour.

"It's the flexibility of it — the same as a little black dress."

Regardless of your height, Michelle said pant length is key.

"There's nothing for me that I find more unflattering than seeing someone in a full-length jumpsuit - especially in a wider leg -that's not hitting the floor with the shoes," she said.

Make sure you can comfortably dress and undress

Unlike unzipping a pair of pants or hiking up a skirt when visiting the restroom, donning a jumpsuit requires the wearer to completely remove the outfit.

"I didn't even realize that until this year when I first got one. (I thought): 'Oh, this is kind of awkward, I'm at work and I'm shirtless,"' McEwen said.

"I don't know. I mean, that's just something you have to get down with," she added with a laugh.

Ng Hayes has been hooked on jumpsuits since buying her first one last year — a black lace sleeveless design. With her newfound style obsession, she's come to accept the added challenge that can come with wearing a one-piece.

"Every time I wear a jumpsuit, I joke about the difficulties of using the restroom, but I find them just so much fun to wear that I think it's worth the complication."

McEwen said selecting a model that isn't too fitted is key: "If it is more fitted, you want to make sure you have more of a structured material because I find that it can cling in weird areas."

THE CANADIAN PRESS

Of clothes and curves

"A jumpsuit 99 per cent of the time will highlight the waist — like a belt at the waist — which is something that's super-flattering on all body types."

Alison Michelle
Founder and lead stylist at King & Fox

Ready to master the one-piece? Some expert style tips.

Ensure you have the proper fit

Alison Michelle, founder and lead stylist at King & Fox, a Toronto-based styling firm, said while the jumpsuit may be intimidating, she believes it's "one of the most flattering pieces you can own."

"A jumpsuit 99 per cent of the time will highlight the waist — like a belt at the waist — which is something that's super-flattering on all body types,

H&M Jumpsuit, $49.95
HM.COM/CA/

GUESS Halter Denim Jumpsuit, $148, GUESS.CA

Model Chrissy Teigen arrives at the ESPY Awards at the Nokia Theatre last week in a sexy full-piece jumpsuit. JORDAN STRAUSS / THE CANADIAN PRESS

Do hue

Select a colour and pattern close to your comfort zone

- Michelle acknowledged that the jumpsuit is "a lot of look" and that some be reticent to wear a very loud print or bold hue.
- "If you're going to go with a pattern (go with one that is) maybe more subdued, or kind of a paisley, or do it in navy or creams instead of the bright colours."
- If wearing all one colour is too much, consider adding a piece to break up the ensemble like teaming it with a sleeveless blazer or vest, McEwen suggested.

Canadian street style

Spotted in Toronto

Name: Joey

Age: 23

Occupation: Fundraiser

What she's wearing:
Nike runners, Zara pants, Aritzia shirt, Zara jacket, Kate Spade purse.

Her inspiration:
"My mom and my best friend. My mom owns a fashion company and my best friend is a fashion designer. "

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION, TOO!

Hairy legs are trendy now thanks to a Tumblr blog called Very Hairy Legs — but would you ever join the pro-body hair movement? Go online to Trends Report and see my list of pros and cons if you do decide to let your leg hairs go wild.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

Back-to-campus chic on the cheap

School days. How to furnish a room that's big on style even on the tiniest of budgets

Question: I am 26 and going back to university. I will be renting an unfurnished room and am looking to outfit it with a lot of style but without a lot of money. Any suggestions?

— Allison M., via email

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Start with planning out the room's large furniture pieces.

A captain-style bed frame (with drawers underneath), a vintage desk with storage and a bookcase are a good start. I suggest looking online at local classified sites (like Kijiji.ca and Craigslist) for local sellers who are close to the area you are moving to.

Purchasing used furniture pieces can not only save you money, but is very good for the environment and you tend to get better quality furnishings. If the seller is close to the area you are moving to, ask them to deliver your furniture pieces directly to your new place.

Once you have found the large furnishings, you can move onto the fun part of accessorizing your room with practical, yet attractive, things.

Look at off-price members' clubs for great deals on a new mattress, DIY home stores for the best deals on countertop appliances and desk lamps, and big-box stores for items such as bedding and towels.

Look online for quality used items like chairs, bed bases and rugs for sale. You'll save money and the environment. CONTRIBUTED

Co-ordinate with style

- **DO** choose one of the top three colours in your bedding and take inspiration from there. Towels, laundry bags and drapes that have colours co-ordinating with the bedding help to tie the space together.
- **DON'T** paint walls a trendy colour. Most landlords will insist the room be painted back to its original beige before you leave. Use large bulletin boards to hang colourful art work to help hide boring walls.
- **DO** look for LED uplights that can wash the walls with some colourful lighting — it's an instant mood-setter for your room at night!
- **DO** buy furnishings that are proportionate to the room's size.

Bedding, towels and a mattress topper are co-ordinated in one easy set. Reagan Fuschia Twin 11-Piece Varsity Campus Collection, $130. BEDBATHANDBEYOND.CA

A multi-purpose counter appliance can heat water for coffee, tea or soup. Salton Instant Hot Water Dispenser, $60. WALMART.CA

A lamp that reduces the use of electricity and also charges your cell phone is a multi-use money saver. Solarland Desk Lamp, $32. HOMEDEPOT.CA

Swash 10-Minute Clothing Care System. YOUTUBE

Swash. An at-home alternative to doing laundry

A new at-home clothing care system that reduces wrinkles, refreshes fabric and restores fit in just 10 minutes to keep outfits looking good between washes could be the next big thing in home appliances.

Swash allows people to reduce or eliminate ironing, save on dry cleaning and better care for and preserve clothes at the push of a button, claim makers Proctor & Gamble and Whirlpool.

The design uses an integrated tension system to gently hold clothes in place, while an advanced spray technology applies a uniquely designed solution to the clothing. A rapid thermal drying function then dries garments quickly.

P&G and Whirlpool created the product after discovering that people are increasingly reluctant to excessively launder or dry clean their clothing for fear of damage. Cost is also a factor — people who dry clean at least once a month spend over $750 a year on the service, according to the brands.

Swash is currently available for pre-order at Bloomingdale's stores and on Bloomingdales.com for $499.99 US. AFP

Touch-of-a-button solution

"People want a simpler and quicker way to care for clothing."

Brett Dibkey, vice-president of Whirlpool Corporation's Integrated Business Units

No installation required

The system plugs directly into a standard 120-volt wall outlet and requires no water, plumbing, pipes, vents, special hook-ups or professional installation.

- Swash can be used on denim, wool, polyester, Lycra, cotton, cashmere, sequins, delicate beading and lace.

Look for Eid inspiration in comforting dish

This recipe serves four to six. ROSA VITALIE, 2014

Moghrabieh & Fish Cakes with Preserved Lemons and Harissa. The Muslim holy month of Ramadan ends next week and while the religion is practised all over the world, its origins, like this dish, lie in the desert lands of the Middle East

"Moghrabieh comes from the word 'Maghreb,'" write Nadia Zerouali and Merijn Tol in their book Under the Shade of Olive Trees. "This Middle Eastern answer to couscous is basically a ball-shaped pasta, and here we've made a type of risotto with it."

Ingredients

- 5 small vine-ripened tomatoes
- 2 small sweet onions
- Mild olive oil
- 1 tbsp cinnamon
- 1/2 tbsp allspice
- 1 3/4 cups (350 g) moghrabieh (Lebanese couscous) or Turkish barley pasta
- 1/2 preserved lemon (find them at Middle Eastern grocery stores)
- 14 oz (400 g) halibut, striped bass, or other firm white fish
- 1 bunch flat-leaf parsley, chopped
- 1 clove garlic, chopped
- 2 tbsp harissa (a spice sold in tubes or cans at Middle Eastern grocery stores)

1. Bring a large pot of water to boil. Using a sharp knife, slice a shallow X into the bottom of each of the tomatoes and submerge them in the boiling water for about 1 minute. Peel the skin off the tomatoes and dice them.

2. Mince the onions. In a large frying pan, heat a generous amount of olive oil over medium heat and sauté the onions with the cinnamon and allspice for about 10 minutes, stirring frequently and lowering the heat to keep them from burning.

3. Add the tomatoes and mix in the moghrabieh as well. Add 4 1/2 cups (1 l) water and about 1/2 teaspoon salt. Cook the pasta over low heat for about 30 minutes, stirring frequently toward the end, until it is thick and creamy like risotto. (Add some water if the pasta is cooking dry.) Season with salt if needed.

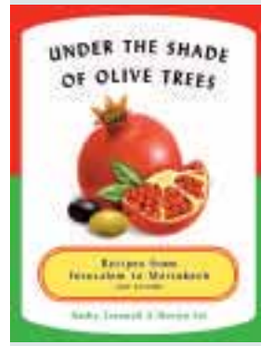
4. Remove the pulp from the preserved lemon and slice the peel into thin strips. In a food processor, purée the fish with the preserved lemon, parsley, garlic, and harissa. Season with a pinch of salt. Shape the fish mixture into small, flat cakes (this is best done with wet hands).

5. Heat some oil in a skillet (nonstick works best for these delicate patties) and fry the fish cakes until golden brown on both sides and cooked through, about 3 minutes per side. Serve over the moghrabieh.

RECIPE BY NADIA ZEROUALI AND MERIJN TOL, STEWART, TABORI & CHANGE, 2014

Cookbook of the Week

Transport yourself to a delicious region



Dutch writers and cooks Nadia Zerouali and Merijn Tol travelled across Morocco, Tunisia, Syria, Lebanon, and other Middle Eastern lands to document the varied cuisine of the region in their book Under the Shade of Olive Trees.

Readers are taught about ingredients through more than 100 recipes that come to life by way of luscious imagery.

Among recipes are Potato Kofte, Grape-Leaf Rolls, Lamb Tajine, Tahini-Halva Ice Cream, Hearty Freekeh Soup with Chickpeas and Lamb, and more. **METRO**

'Tis the season for delish summer salads

Very berry summer. Berries and cream lift potato salad

SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

Potato salad—it's the ultimate summer side dish. There are as many variations as there are cooks. But even if you have a favourite, consider trying something new this season.

This recipe comes courtesy of the Dairy Farmers of Manitoba. And it includes fresh berries! Right now, strawberries, raspberries and Saskatoons are in season. You'll love the sweet addition.

2 hard cooked eggs, peeled

½ cup (125 mL) mayonnaise

1/3 cup (75 mL) 35% whipping cream

¼ cup (60 mL) sour cream

2 tbsp (30 mL) Dijon mustard

1 tbsp (15 mL) fresh lemon juice

4 green onions, green parts only, thinly sliced

¼ cup (60 mL) loosely packed, thinly sliced fresh mint

Salt

2 cups (500 mL) mixed berries (strawberries, raspberries, saskatoons)

1 cup (250 mL) firmly packed baby arugula leaves, stems removed

1 tbsp (15 mL) balsamic vinegar

Scrub potatoes and dice into ¾-inch (2 cm) pieces. Cook in large pot of salted water until tender. Drain well; let cool slightly. Meanwhile, in a large bowl, mash eggs with a fork. Whisk in mayonnaise, whipping cream, sour cream, mustard, lemon juice, onions, and mint, until creamy. Add warm potatoes to dressing; season to taste with salt. Cover and refrigerate until serving.

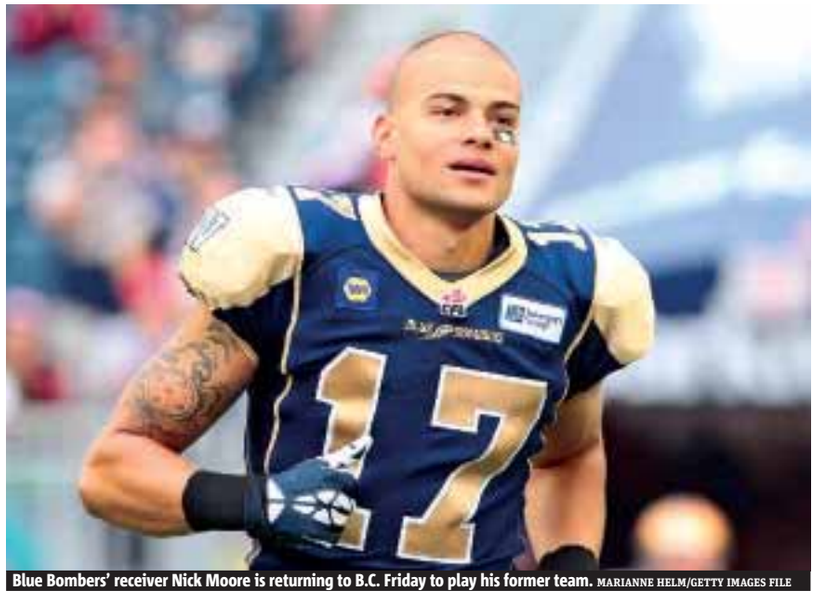
To serve, in a medium bowl toss berries, arugula and balsamic vinegar; reserve some of the berries and arugula. Fold berry mixture into potato salad. Serve in a bowl or on a platter; garnish with reserved berries and arugula.

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Visit her blog at shelzolkewich.com. Got a food story idea? shel@shelzolkewich.com

Berry Potato Salad.
CREDIT: THE DAIRY FARMERS OF MANITOBA

Moore all business ahead of B.C. return

CFL. Bombers' receiver says turbulent stint with Lions 'made me what I am today'



Blue Bombers' receiver Nick Moore is returning to B.C. Friday to play his former team. MARIANNE HELM/GETTY IMAGES FILE

Receiver Nick Moore is getting ready to return to the Lions' den, but this time in a Winnipeg Blue Bombers' uniform.

"I want to beat them just as bad as I want to beat everybody else," said Moore, who spent three seasons with the B.C. Lions until he was scooped up as a free agent by the Bombers after the end of 2013.

"I want to win every game. They're just another team."

Moore said his time with the Lions included highs and lows as he moved back and forth from the active roster to the practice roster, although he went out with a bang, finishing third in the CFL with 1,105 receiving yards and six touchdowns in 2013.

He says the Lions wanted him to stay but "it was the best choice for me to come here and, as you can see, it worked out well for me."

At the same time, he suggested a little immaturity might have made him focus on the wrong things when he was wearing the Lions' colours.

"It was a little bit up and down but I can't complain, it made me what I am today."

He is already established as No. 1 on the Bombers' receiving list this season with 221 yards after four games and is a favourite target of Winnipeg quarterback Drew Willy, whom he has known since their years trying to crack the NFL.

Ready to bounce back

"Mentally we've had good practices all week, we're definitely ready to go."
Winnipeg quarterback Drew Willy

"Being with a new team, that's one of the games that you look forward to," he said of his return to Vancouver. "That being said, it's just another game. It's an important game because it's a divisional game but it's just another game."

The Bombers have moved back to the CFL West after spending almost a decade in the East following the departure of Ottawa, which has now returned to the league with the Redblacks.

The Bombers will be without a promising young receiver, Aaron Kelly, when they walk into B.C. Place. He continues to be bothered by a knee problem, although he did practice this week.

Promising Canadian receiver Julian Feoli-Gudino will be playing, although he didn't practice Wednesday.

The Bombers will also be missing veteran defensive back Johnny Sears. They had already accepted that defensive end Jason Vega, No. 2 on Winnipeg's sack list, wouldn't be playing.

THE CANADIAN PRESS

Week 5 pick

Bombers at B.C. Lions, Friday, 9 p.m., TSN.

Winnipeg (3-1) received a huge wakeup call last weekend.

Its defence was on the field for almost 39 minutes against Edmonton, which kept the CFL's top-scoring offence on the sidelines for most of the contest.

Defensive back Johnny Sears and defensive lineman Jason Vega are doubtful, and receiver Aaron Kelly continues to suffer from knee problems after missing the game against Edmonton.

The Bombers surrendered five sacks versus Edmonton and face a resurgent B.C. squad (2-2) that's won two straight and looked very good doing so.

Quarterback Kevin Glenn, who threw six interceptions in the Lions' opening two losses, passed for 301 yards and two TDs in last week's 41-5 win over Montreal.

Emmanuel Arceneaux had eight catches for 145 yards and three touchdowns while Stefan Logan and Andrew Harris added 74 and 72 yards rushing, respectively. On July 12, Harris accumulated 203 offensive yards in a 26-13 win over Saskatchewan.

At halftime, B.C. will add Geroy Simon, the most prolific receiver in CFL history, to its Ring of Honour.

Pick: B.C.

Tour de France. Majka wins steep stage as leader Nibali gains more ground

Rafal Majka crosses the finish line in front. PETER DEJONG/THE ASSOCIATED PRESS

Poland's Rafal Majka led a late breakaway on the last of four tough climbs in the Pyrenees to win the 17th stage of the Tour de France on Wednesday, as Vincenzo Nibali took another step toward overall victory.

Nibali, who has earned the yellow jersey in every stage but two this year, made his latest case to take it home to Sicily and become the first Italian to win cycling's showcase race in 16 years. He finished third and gained valuable seconds on four of his closest rivals.

THE ASSOCIATED PRESS

Baseball

Fish gobbled up by Hawks at home

In the final regular-season meeting between heated North Division rivals, the Winnipeg Goldeyes eyed an eleventh consecutive victory over the Fargo-Moorhead RedHawks on Wednesday night. But the Hawks must have had a nasty taste in their mouth following Tuesday's doubleheader losses, as they completely dismantled the Fish 11-2 in front of a near-capacity 7,054 at Shaw Park.

The Goldeyes sent a total of six pitchers to the bump, with three of them allowing runs.

DARRIN BAUMING/FOR METRO

Scots welcome Canucks

Flag bearer Susan Nattrass leads the Canadian team as it arrives at the Commonwealth Games opening ceremony at Celtic Park in Glasgow, Scotland, on Wednesday. The Canadians followed Nattrass, a seven-time world champion in trap shooting, to the tune of Arcade Fire's Rebellion (Lies) and a loud roar from the fans. Scan the image with the Metro News app for photos from the opening ceremony. ANDREW VAUGHAN/THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Commit yourself to a goal that others say is beyond your reach. With the Sun linked to Jupiter today there is nothing you cannot do. You will take delight in proving the doubters wrong.

♉ Taurus
April 21 - May 21
Someone close to you needs a confidence boost and you are the one who can offer it. Do what you know will make them feel good about themselves.

♊ Gemini
May 22 - June 21
Use your mind more over the next 24 hours. Take on mental challenges that at other times might confuse or bemuse you. The more you use your brain power, the more you will gain.

♋ Cancer
June 22 - July 23
The best way to deal with your current problem is to let it be. You may want to put the world to rights but the planets say it isn't going to happen, so relax.

♌ Leo
July 24 - Aug. 23
The Sun close to Jupiter in your sign means the bad times are now over and you will go to the other extreme and have the time of your life.

♍ Virgo
Aug. 24 - Sept. 23
That nagging voice at the back of your mind is trying to tell you something important, so listen. If you don't you may look back later and wish you had been more trusting of its words.

♎ Libra
Sept. 24 - Oct. 23
You have talent but it is only one part of the equation. The more vital part is enthusiasm, and with Jupiter strong in your chart at the moment you've got it coming out of your ears.

♏ Scorpio
Oct. 24 - Nov. 22
Current influences will give a boost to your ambitions but success won't just land in your lap. You'll have to work for it.

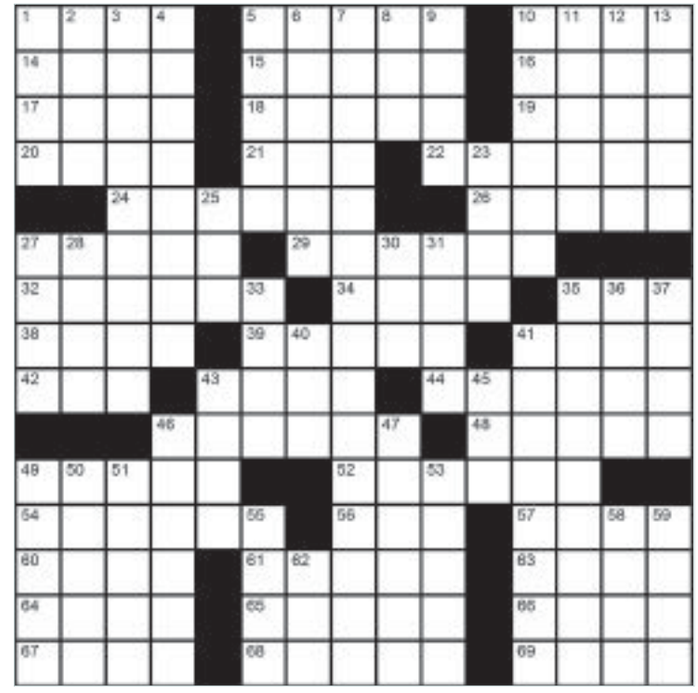
♐ Sagittarius
Nov. 23 - Dec. 21
Confidence will not be in short supply over the next few days but what about common sense? The good news is you seem to have learned how to set goals. You'll go far.

♑ Capricorn
Dec. 22 - Jan. 20
It's not often you probe the deepest corners of your mind but over the next 24 hours you will ask some rather profound questions. You already knew the answers though.

♒ Aquarius
Jan. 21 - Feb. 19
If you want to get things done over the next few days you must bring others into your plans. If you think you can do it your own you are mistaken.

♓ Pisces
Feb. 20 - March 20
The cosmic powers never ask you to do more than you are capable of, so don't worry if the assignment you have taken on looks huge — you will find a way to ace it.

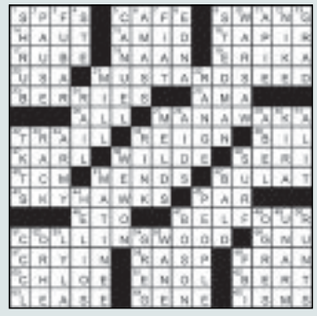
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "Sure __ __ standing here!"
5. Vancouver Island natural wonders
10. Cheer
14. Fashion designer, __ Rabanne
15. Eurythmics' "Would I __ __ You?"
16. Equal
17. Long journey
18. __-fartsy
19. Appraise
20. Vault
21. Jann Arden's "Could _ __ Your Girl"
22. __ Energy of Canada Limited
24. Director Mr. Bergman
26. __ a clue (Doesn't know)
27. Sports venue
29. Canadian actor Victor
32. Mint drinks
34. Lunchtime
35. Shape, axe-style
38. Raggedy Ann's pal
39. Quizzes
41. __ cow ($$$)
42. CV
43. Ex-Idol judge Ms. DioGuardi
44. President's __ (Canadian brand in select grocery stores)
46. Music - Non-flats/Non-sharps: The __ __ _
48. 'The King', in Spanish: 2 wds.
49. "Encore!"
52. Ontario: Bruce Peninsula attraction, __ Five National Marine Park
54. "Bye Bye Mon Cowboy" songstress
56. Mount __ (Volcano of Japan)
57. Tide type
60. 1700s French novel, Gil __
61. Incisions
63. "__ have to do."
64. Drawn dog
65. Donald Trump's second wife Ms. Maples
66. Comfort
67. Everyone, in Dixie
68. Grateful Dead's "__ Jones"
69. Untidy type

Down
1. Condo alternatives
2. Cake make, __ Lee
3. Canadian Rockies scenic drive, __ Parkway
4. East Coast music: "Sucker" by __ __ with Joel Plaskett
5. Purport
6. Car safety feature
7. Julian Fantino, Minister of __ __
8. UFO passengers
9. Non-milk milk
10. Brouhaha
11. Paper quantities
12. Gain admittance: 2 wds.
13. Put up a building
23. And so...
25. Discontinuity
27. Open slightly
28. Old Scandinavian symbol
30. Decay
31. Particular pear
33. Remain
35. 1980s music genre: 2 wds.
36. 'Opal' suffix
37. __ protein powder
40. 'Ranch' suffix
41. French and British settlements in early Canada
43. Casino game
45. Villain's chuckle, when repeated
46. Country singer, Brett __, from Flat Lake, Alberta
47. Windsor __
49. "Journey to the Center of the Mind" by The __ Dukes
50. Ms. Radner
51. '60s song: "Shake _ __ Feather"
53. "Who's __ __?" (Maybe)
55. Gomer Pyle's mil. division
58. As well
59. Non-royal
62. One of the Teletubbies, when doubled

Yesterday's Crossword



Online
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7				5				2
6		2		9		4		3
		1	2		7	8		
2								5
			4		5			
3								7
		9	7		6	5		
1		7		3		9		4
5				8				6

Yesterday's Sudoku

1	4	2	5	3	6	9	7	8
7	3	9	8	2	4	5	6	1
8	5	6	7	1	9	3	2	4
4	9	3	1	5	2	7	8	6
5	6	1	4	7	8	2	9	3
2	7	8	6	9	3	1	4	5
6	2	5	9	8	1	4	3	7
3	1	4	2	6	7	8	5	9
9	8	7	3	4	5	6	1	2

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‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

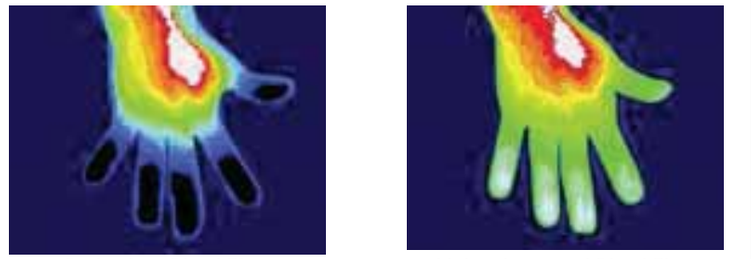
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

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- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
- Improve artery health

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